


Bernard Betel Centre Online Virtual Program Calendar – OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>All programs are hosted on Zoom, unless otherwise listed as Facebook Live. Please click HERE for specific program details and how to register for programs hosted on Zoom. All Facebook Live programs can be accessed on our Facebook page HERE.</p>				1 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters	2 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class	3 Sukkot
4 Sukkot	5 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2 - 3 News, Views & Schmooze 2 - 4 Ask the Expert	6 10 - 10:30 Chair Yoga 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 3 - 3:30 Guided Mindful Meditation	7 10 - 11 Breather Better Exercise 11 - 12 Cooking Club: Black Bean Tempeh Veggie Chili 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Ask the Expert	8 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 2:30 - 3:30 Neighbourhood Walk 3 - 4 Mandela Drawing & Colouring	9 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Christopher and Mary Pratt 2 - 3 Breathe Better Exercise	10 Shemini Atzeret
11 Simchat Torah	12 Thanksgiving	13 10 - 10:30 Chair Yoga 10 - 11:30 Workshop: 'Organize Your Life!' 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	14 10 - 11 Breather Better Exercise 11 - 12 Cooking Club: Pumpkin Lasagna 12:30 - 1:30 Neighbourhood Walk 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Religions of the Ancient Near East 2 - 4 Ask the Expert	15 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 3 - 4 Mandela Drawing & Colouring 4 - 5 Intro to Improv Comedy 5 - 6 Spanish Conversation	16 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 1:30 pm Concert with David Skolnick (<i>Facebook Live</i>) 2 - 3 Breathe Better Exercise	17
18	19 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze 2 - 4 Ask the Expert	20 10 - 10:30 Chair Yoga 10 - 11:30 Workshop: 'Fun on YouTube' 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	21 10 - 11 Breather Better Exercise 11 - 12 Cooking Club: Panna Cotta 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Religions of the Ancient Near East 2 - 4 Ask the Expert	23 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 3 - 4 Mandela Drawing & Colouring 4 - 5 Intro to Improv Comedy 5 - 6 Spanish Conversation	23 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Sports and Identity in Contemporary Art 2 - 3 Breathe Better Exercise	24
25 1 - 1:30 pm Concert with Dave Giles (<i>Facebook Live</i>)	26 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze 2 - 4 Ask the Expert	27 10 - 10:30 Chair Yoga 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	28 10 - 11 Breather Better Exercise 11 - 12 Cooking Club: Persian Rice and Lentils 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Religions of the Ancient Near East 2 - 4 Ask the Expert	29 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 3 - 4 Mandela Drawing & Colouring 4 - 5 Intro to Improv Comedy 5 - 6 Spanish Conversation	30 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	31